

Preparing for your surgery

Please read through this important information about your surgery. Call your surgeon if you have any questions. Your surgeon may give you additional instructions, such as a bowel prep or other preparations. This depends on the type of surgery you are having. In some cases, your surgeon's instructions may include information that is not in this sheet, such as performing extra showers or drinking certain fluids. **Always follow any additional instructions from your surgeon or from the nurse from preadmission testing;** call your surgeon if you have questions.

Date/time of surgery: _____ (To be confirmed the day before your surgery.)

Arrival time: Your **arrival time** is about **1 ½ hours before** the time your surgery is scheduled to begin. Your arrival time will be confirmed by your surgeon's office the day before your surgery. It's very important that you are at the hospital by your arrival time so that we can prepare you for surgery.

Please call your surgeon's office between 2:30 and 4:30 pm the day before your surgery to confirm your arrival time and where you should check in. If your surgery is on Monday, please call on Friday.

Days/weeks before surgery

- You will talk to a nurse from the preadmission testing (PAT) clinic either on the phone or in person. **Make sure you tell the nurse all the medicines you take or may be taking.** This includes prescription medicines, non-prescription medicines, vitamins, herbs, and supplements.
- The nurse and/or your surgeon may give you special instructions about changes to your medicine. **Please do not make any changes on your own.** Wait for advice. The nurse will also tell you which medicine to take on the day of surgery.
- **Diabetes medicine and blood thinners:**
 - *Insulin or other diabetes medicine* –Make sure you know how to take these medicines the night before and/or the day of surgery. Make sure you know what to do if your blood sugar is low during this time. You may get instructions from your surgeon or the PAT nurse. If you don't know what you're supposed to do about these medicines or about how to treat low blood sugar during this time, please call your surgeon.

Your medications: Be especially sure to talk to the preadmission testing nurse about:

- ✓ **Blood thinners**
- ✓ **Diabetes medicine**
- ✓ **Pain medicine** (prescription and non-prescription)
- ✓ Medicine to treat addictions, such as **methadone** or **Suboxone (buprenorphine)**

Important!

- ✓ **If your surgery is delayed or postponed, AND** you've been asked to change your regular medicines (such as blood thinners) to prepare for surgery, please call your surgeon's office for advice, or talk to a member of your care team if you are at the hospital.

- *Blood thinners* – Sometimes blood thinners need to be stopped before surgery. Examples of blood thinners are Coumadin, Plavix, Xarelto, and **aspirin**. (This is **not** a complete list.) If you take a blood thinner, please make sure you've talked with your surgeon or the preadmission nurse about any changes that are needed. **Do not make changes on your own.** Wait for advice. If you are advised to stop a blood thinner, including **aspirin**, the doctor who prescribed it must approve this change. Talk to your surgeon or the preadmission nurse about this important step.

- **Contact your surgeon's office if you develop cold or flu symptoms, sore throat, fever, productive cough, drainage from the eye, or a skin rash near where your operation will be.** If you arrive with any of these symptoms on the day of surgery, your operation may be cancelled.
- **Plan for your care after surgery.** If you are scheduled to go home on the day of your surgery, **you must arrange for a responsible adult to take you home.** You may not go home in a taxi or via the RIDE or a hired car unless accompanied by a responsible adult (in addition to the driver). Your surgery will be cancelled if you do not have safe transportation home with a responsible adult.

Evening/night before surgery

- **Shower** with CHG soap (chlorhexidine gluconate), using the instructions you were given.
- **Do not eat anything after midnight.**
- Unless you are told otherwise, **you may drink clear liquids in moderate amounts after midnight (see box), up until two hours before the time you were told to arrive at the hospital.** This is about 1 ½ hours before your scheduled surgery.

Day of surgery

- **Shower again** with the CHG soap, using the instructions you were given.
- **Follow the instructions** you were given from the PAT nurse about **taking medications.**
- **No food. All clear liquids must be stopped 2 hours before your scheduled arrival time to the hospital.** Hard candy should be treated like a clear liquid and must be stopped 2 hours before arrival.

Drinking liquids before surgery

Unless you are told otherwise, you may drink clear liquids up until **two hours before your arrival time** at the hospital. If you choose to drink liquids, please do not drink more than 12 ounces in an hour (**unless you are given other instructions** by your surgeon or preadmission nurse). You do not want your stomach to be full or bloated before surgery.

Clear liquids are:

- water (non-carbonated)
- apple juice, cranberry juice, or white grape juice
- black coffee or tea (**no** milk, cream, powdered cream, or sugar)
- Kool-Aid, Gatorade, Propel
- water-based popsicles/ice pop (**no** frozen fruit bars; **no** ice cream bars)
- Jell-O
- fat-free, clear broths

- You may brush your teeth.
- Please report to the campus and surgical check-in area you were instructed to go to by your surgeon's office (see page 4 of this sheet). **Please be sure you check in by the "arrival time" you were given.**
- Please **do not bring valuables** to the hospital. Do not wear jewelry. Do not use any **body lotions** and do not wear **makeup** or **contact lenses**. **Do not smoke.**
- When you arrive, you will be taken to a pre-operative holding area to get ready for surgery. If you are going home the day of surgery, your escort home should be available to take you home within two hours of the end of your procedure unless otherwise directed.
- Due to unforeseen circumstances (such as emergencies) your surgery time may be delayed. We will make every effort to let you know about any delays.

After surgery

- You will go to a recovery area (post-anesthesia care unit, or PACU) until you are ready to go to your room or ready to be discharged.
- If you are going home on the same day, we recommend that you have someone stay with you for at least 24 hours.
- For almost all surgery, you can expect to have some pain afterwards. We will work with you on a plan to manage your pain. This usually does not mean taking the pain away completely. Rather, we will help make sure you can tolerate the level of pain you have, and that you can be as active as possible and get enough rest. We will send you home with a discharge plan including how to best manage your discomfort at home.

Turn the page for information on where to report and park →

Where to report and park: Find the campus and building of your surgery

A parking discount is available if you have been in a BIDMC garage for more than two hours. Please have your ticket stamped at the information desk in the lobby of your building.

For directions to the medical center:

- Call 617-667-3000
or visit
www.bidmc.org

☐ East Campus – Feldberg Building

- **The Feldberg Operating Room Suite** is on the 3rd floor of the Feldberg Building, located at 330 Brookline Avenue.
- **If you are being admitted after surgery (and your surgery is in the Feldberg Building on the East Campus)**, please drive to the main Feldberg entrance and follow signs regarding parking. **Enter the Feldberg lobby and check in for surgery at the main desk.** Your inpatient room will most likely be on one of the East Campus nursing units. We will not know the exact room number until after your surgery.
- **If you are going home after surgery (and your surgery is in Feldberg on the East Campus)**, please park in the Shapiro Clinical Center garage since you will be discharged from this location. The Shapiro Clinical Center is on the corner of Brookline & Longwood Avenues. The entrance to the parking garage is at the rear of the building at 98 Binney Street (off Longwood Avenue). Take the garage elevator to the Shapiro Clinical Center lobby and take the Shapiro Clinical Center elevators to the 2nd floor. Follow the blue corridor over an enclosed bridge/walkway into the Feldberg Building. (If you'd like a wheelchair to get over the bridge, please ask for help at the main desk in the Shapiro Clinical Center lobby.) Once you reach the Feldberg Building, you will see three blue elevators. **Take one of these down one floor to the Feldberg lobby and check in at the information desk.**

☐ East Campus – Shapiro Clinical Center

- **The Shapiro Operating Room Suite** is on the 3rd floor of the Shapiro Clinical Center, on the corner of Longwood and Brookline Avenues. The garage entrance is at the rear of the building, at 98 Binney Street, off of Longwood Avenue.
- Take the garage elevators to the Shapiro Clinical Center lobby and take the Shapiro Clinical Center elevators to the 3rd floor. **Follow the signs to surgery check-in.**

☐ West Campus – Rosenberg Building

- **The West Campus Operating Room Suite** is located on the 5th floor of the Rosenberg Building, located at One Deaconess Road, off of Brookline Avenue. Enter the Rosenberg lobby at One Deaconess Road. **Check in at the information desk in the lobby.**
- Valet parking is available 24 hours a day, 7 days a week, at the entrance of the Rosenberg building. Self-parking is also available at the Pilgrim Road Garage on Crossover Street, which can be reached by either Pilgrim Road or Autumn Street.